

**Domestic violence against women:
Recognize patterns, seek help**

Domestic violence is a serious threat for many women. Know the signs of an abusive relationship and how to leave a dangerous situation.

[More Details](#)

**Domestic violence against men:
Know the signs, seek help**

Domestic violence against men isn't always easy to recognize, but it can be a serious threat. Consider ways to break the cycle.

[More Details](#)



April 2010



Premarital Counseling

Premarital counseling is a type of therapy that helps couples prepare for marriage. Premarital counseling can help ensure that you and your partner have a strong, healthy relationship — giving you a better chance for a stable and satisfying marriage. Premarital counseling can also help you identify weaknesses that could become bigger problems during marriage.

Couples Therapy

Couples therapy is a type of psychotherapy. Couples therapy helps couples — married or not — recognize and resolve conflicts and improve their relationships.

Encouraging Your Child's Sense of Humor

A sense of humor can brighten family life. You can blow raspberries on a baby's belly, put on a silly hat and chase a 3-year-old, or pretend to fall into a pile of leaves to amuse a first-grader. As kids grow into preteens and teens, you can share puns and jokes as their sense of what's funny grows more sophisticated.

[More Details](#)

**Questions or comments? Email us at info@solutionsbiz.com
or call 505-254-3555**